

## Unstoppable Confidence: How to Use the Power of NLP to Be More Dynamic and Successful (NTC Self-Help)

By Kent Sayre

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**Unstoppable Confidence: How to Use the Power of NLP to Be More Dynamic and Successful (NTC Self-Help)** By Kent Sayre

**“If you are serious about gaining more confidence, you must get this book!”**  
**--Robert Allen, bestselling author of *The One Minute Millionaire***

Imagine having the confidence and courage to go after your goals: a successful career; a rewarding relationship; a richer, fuller life. If you can dream it, you can do it--using the scientific methods of Neurolinguistic Programming (NLP). Through NLP, author Kent Sayre transformed himself from a painfully shy introvert into one of the nation's most dynamic NLP trainers. He's taught thousands how to break out of their shells and go after their dreams. Now, with his proven system, you too can harness the power of NLP and:

- Blast out of your comfort zone
- Shatter your limiting beliefs
- Boost your confidence--instantly!

This isn't a collection of “pie in the sky” theories and “go for it” pep talks. It's a step-by-step program of ready-to-use tools, verbal and nonverbal techniques, and practical thinking exercises that direct your mind toward your goals. You'll be amazed how easy it is to interact with others; embrace opportunities; and enjoy parties, activities, work functions, and more.

**“This wonderful book will give you the boost toward success that can make all the difference!”**

**--Brian Tracy, author of *Maximum Achievement***

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**Unstoppable Confidence: How to Use the Power of NLP to Be More Dynamic and Successful (NTC Self-Help) By Kent Sayre Bibliography**

- Sales Rank: #145952 in Books
- Brand: imusti
- Published on: 2008-07-11
- Released on: 2008-06-20
- Original language: English
- Number of items: 1
- Dimensions: 8.20" h x .70" w x 4.60" l, .54 pounds
- Binding: Paperback
- 224 pages

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### **Editorial Review**

#### **Review**

"These are simple exercises anyone can do. If you want more confidence, you have to read this book!" -- *Jim Rohn, author,*

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#### **From the Author**

Much of the material yet not all is based upon Neuro-Linguistic Programming (NLP). NLP is the study of how language, both verbal and nonverbal, affects our minds. By consciously directing our minds, we can create resourceful ways of behaving for ourselves. In this book, all of the methods are geared toward having more confidence in our lives and stepping beyond our previously defined limits.

One of the NLP presuppositions is that since we all share the same neurology, that means whatever anyone can do, you can do as well provided that you direct your mind in exactly the same way. That means if something is possible for others, it's possible for you too. If confidence is possible for others (and it definitely is), it is definitely possible for you too. Using NLP methods, I have modeled very confident people and included what they do in this book. By doing what they do, you will achieve the same resourceful states of confidence that they have. From how confident people think about things to how they speak to how they carry their bodies, you will find in this book how confident people move through the world.

#### **About the Author**

**Kent Sayre** is a certified NLP trainer who conducts workshops and lectures on the West Coast.

### **Users Review**

#### **From reader reviews:**

##### **Carol Smith:**

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